

Registration is now open for the can't miss event of the year: "How to Make 2009 Your Best and Healthiest Year Ever." It's Tuesday, Febraury 24th, from 7-9 pm at Central Station in the MATA Board Room. This informational summit will feature 6 Memphis health, fitness, finance, and personal care experts. This event is FREE to attend with a suggested \$10 donation to the Mid-South Food Bank. Excitement is building (after all, we are giving away over \$2000 in prizes at the event) and seating is limited, so reserve your space at [www.MemphisBestYearEver.com](http://www.MemphisBestYearEver.com)

### CityFit News

Fat Blaster Stimulus Package-Only \$10 per class when you register for 8! Visit [www.CityFitMemphis.com](http://www.CityFitMemphis.com) for details. Pass the word along to anyone you might know interested in this affordable and results driven group class.

### **Can You Game Yourself Thin?**

There's nothing worse than getting ripped off.

To invest your hard earned money on a product that promises results that aren't delivered.

That's how millions of new Wii Fit owners are feeling right now, and I don't blame them.

The Wii Fit is marketed as the latest and greatest way to lose weight and be fit. The specialized Nintendo is supposed to do the job of your gym, your treadmill and even your personal trainer.

That's a lot of pressure for a video game.

With all the buzz surrounding the Wii Fit, I decided that some research was in order. What is this Wii Fit, and how is it qualified to get you into the best shape of your life?

The Wii uses television and a wireless "balance board" that is about two feet wide and half as deep. The board is basically a fancy scale, which

### **Refer a Friend - Click Here**

Tonya Tittle, M.S., ACSM

Energy Fitness

[Email Me](#)

[My Site](#)

901-523-2348

### **Things said in text messaging.**

Brooke Mitchell, Dental Assistant, Marion, AR I need to be crawling out of the gym next week. just ate dinner and had cake. Nooo good. But I did get smaller sized clothes for my birthday. Yay!!! Close to dropping size. So Thanks.

Tony Armstrong, Business Owner, Memphis, TN I sent him this text: "U lost another 2.2 % bodyfat. that's 5.3 % so far in 9 months. that's good for jumping on the protein wagon and cardio a little late in the game. b happy and stay focused. Tony - said in a text months earlier "your the toughest \*amn trainer I know. thanks coach.

### **Check Out these Links:**

[weight loss, athletic performance, wellness, specials](#)

[Access your Energy Fitness account online\(ask staff what your password is\)](#)

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

measures your weight and detects your equilibrium.

To play Wii Fit, you stand on the board and do a series of games that fall into one of four categories: aerobics, balance, strength, and yoga.

My research did turn up some cases of documented weight loss as a result of Wii Fit play time. In each case the person went from a sedentary lifestyle (basically a couch potato) and saw weight loss after doing the Wii Fit for 30-60 minutes per day.

Walking for 30-60 minutes per day will give the same results.

To really understand the purpose of this product I did a search on Shigeru Miyamoto, he's the creator of the Wii Fit.

What he said may shock you.

**"I don't think Wii Fit's purpose is to make you fit;** what it's actually aiming to do is make you aware of your body," he said. "That's why we wanted people to talk with their families about Wii Fit, and become aware of these things together as a group."

The purpose of the Wii Fit is not to make you fit?!

But what about the marketing pieces that are telling you to use the Wii Fit as your one-stop shop for fitness and weight loss?

What about the people who purchased a Wii Fit with the hopes of losing 30 lbs?

It's time to call the Wii Fit what it really is: a video game...entertainment, and that's it, unless you *really* get into the boxing and work it hard on the hula hoop. It should compliment a fitness program-not be the only thing someone does.

Don't get me wrong, the Wii Fit is a fun, interactive game that gets you to burn more calories than you would just sitting on the couch. People enjoy playing it with their kids and it sure beats lounging on the couch watching T.V.

But it's just like the creator of the product said; it's not intended to make you fit. Sure, it may be marketed that way but that's not what it's for and that's not what it does.

Don't sell yourself on the idea that a video game will get you into great shape.

Play the Wii Fit. Enjoy the Wii Fit. Burn a few calories with the Wii Fit.

And then contact me for a workout that will truly change your life and get you the body that you want, because **all of my programs were created with the purpose of getting YOU fit.**

You can quote me on it.

### Veggie Power

According to WebMD, people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for maintaining a healthy body. Here are 4 quick tips for getting eating more vegetables:

- Buy fresh vegetables in season. They cost less and taste better.
- Buy vegetables that are quick to prepare. Pick up pre-washed bags of salad greens and add baby carrots and grape tomatoes for a simple salad.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Try the recipe below for Potato & Carrot Casserole - a delicious way to eat veggies.

### Potato & Carrot Casserole



This casserole is great because it is very low in fat, is packed with vegetables and contains healthy protein. It's also easy to make and tastes great - even the kids will eat it. Enjoy with a side of steamed broccoli.

**Yield: 6 servings**

#### Here's what you need...

- 1 onion, chopped
- 2 tablespoons water
- 1 clove garlic, pressed
- 3/4 cup fat free chicken broth
- 1 cup grated carrots
- 3 cups grated red potato, cleaned but don't peel
- 3/4 cup egg white (or egg beater)
- 1/4 cup whole wheat flour
- 1/4 cup wheat germ

- - 1 teaspoon baking powder
  - 1/2 teaspoon pepper
  - 1 1/2 teaspoon salt
1. Preheat oven to 300 degrees. Grease a medium sized baking pan and set aside.
  2. In a medium sized frying pan, saute the onion in the water until well done. Add the garlic. Add the chicken broth, carrots, and potatoes and cook for 3 minutes.
  3. Remove from heat and stir in egg whites.
  4. In a small bowl, combine flour, wheat germ, baking powder, salt and pepper. Add to the vegetables. Pour into the prepared pan and bake for 60 minutes.
  5. Serve with a side of steamed broccoli.

**Nutritional Analysis:** One serving equals: 143 calories, .5g fat, 28g carbohydrate, 4g fiber, and 8g protein.

**Spread the word.** Forward this newsletter to your friends, family and coworkers by using the "refer a friend" link below.

[Forward This Newsletter - Refer a Friend](#)

Email: [energymemphis@gmail.com](mailto:energymemphis@gmail.com)

Phone: 901-523-2348

Web: [www.EnergyMemphis.com](http://www.EnergyMemphis.com)